

Express Your Health!™



Word Scramblers

Being active through regular physical activity is one of the most important things you can do to improve your health. Unscramble the words below that describe fun physical activities that will get you on the road to a healthy lifestyle. Kids and teens should get at least 60 minutes of physical activity on most, preferably all, days of the week.

GDNAINC _ _ _ _ _

WSMIMIGN _ _ _ _ _

ANWGKIL _ _ _ _ _

LSLOBTAF _ _ _ _ _

GIKBNI _ _ _ _ _



(Answers: DANCING, SWIMMING, WALKING, SOFTBALL, BIKING)

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Word Search

Eat healthy to help give you energy, powerful muscles, and strong bones. Find and circle the following words related to healthy eating.

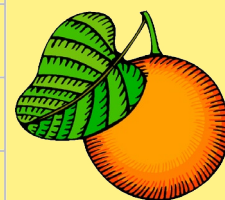
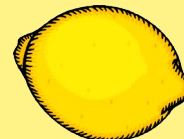
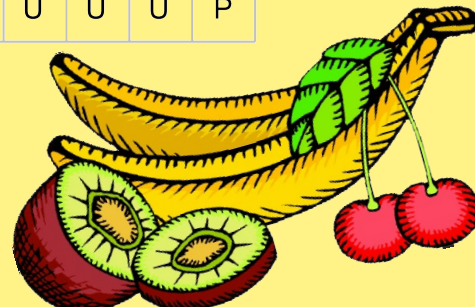
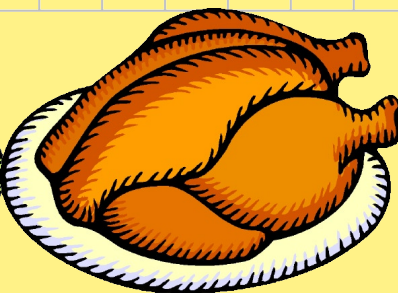
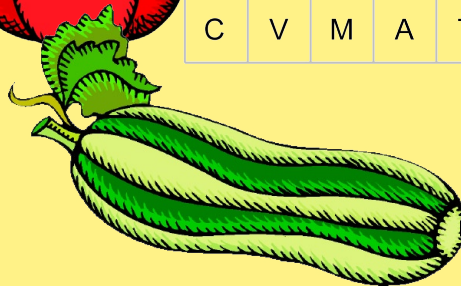
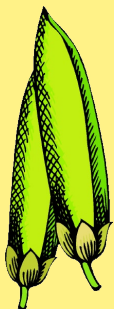
APPLE
BANANA
BROCCOLI
CARROT

CHICKEN
DAIRY
FISH
FRUIT

GRAIN
NUTRITION
ORANGE
PEANUT

PIZZA
PRETZEL
PROTEIN
PYRAMID

RAISIN
SALAD
VEGETABLES
YOGURT



T	O	O	R	A	N	G	E	C	P	I	Z	Z	A	P
N	R	N	A	R	O	L	Z	N	R	A	I	S	I	S
O	E	U	G	E	C	T	E	S	A	L	A	D	A	E
I	P	A	G	S	G	K	G	N	N	I	S	I	A	R
T	O	P	U	O	C	E	B	R	O	C	C	O	L	I
I	E	M	I	I	Y	P	P	P	I	T	A	R	Y	E
R	L	N	H	C	D	R	U	Y	U	E	B	F	R	H
T	P	C	L	A	T	O	A	N	R	T	C	I	I	I
U	P	T	R	I	R	T	A	I	A	A	G	S	A	U
N	A	Y	U	P	R	E	T	Z	E	L	M	H	D	D
G	P	R	T	R	P	I	C	N	U	T	R	I	T	A
R	F	T	R	F	A	N	T	N	I	A	R	G	D	E
R	M	T	O	R	R	A	C	A	N	A	N	A	B	R
A	F	Z	I	N	V	E	G	E	T	A	B	L	E	S
C	V	M	A	T	I	N	I	C	I	I	U	U	U	P